

FRENCH OMELETTE

Yield: 2 omelettes

Ingredients:

4 eggs
2 Tbsp water
salt and pepper
Vegetable spray
1 piece of ham
½ cup of cheese

Procedure:

1. Prepare fillings as desired.
2. Spray pan with vegetable spray and put the pan on to heat.
3. Make an egg wash with 2 eggs by breaking the eggs into a dish and whisk them until well mixed, add 1 Tbsp. of water and whisk. Season with salt and pepper.
4. Pour the eggs into the pan. Let set for 30 seconds.
5. Lift the edges of the omelet so that the uncooked egg runs under the cooked edges, coming into contact with the hot pan. Shake and tilt the pan to move the uncooked egg.
6. Keep the top of the omelet set but still moist and soft (2 min).
7. Spread the filling over one side of the omelet.
8. Fold the other half of the omelet over the filling, and slide it onto a plate.
9. Repeat for the second omelette.